# **Fort Madison YMCA**

Come workout and enjoy your day, bring your family to the YMCA! We now have corporate rates available to State employees!

We offer:

#### **Facility:**

- Full size, heated pool
- Dry sauna
- Free-weight room
- Cardiovascular room
- Gym
- Nautilus equipment
- Locker rooms
- Teen Center

#### **Classes:**

- Water exercise classes
- Spinning
- Variety of fitness classes
- Nautilus circuit training
- Self Defense
- Swimming lessons

## **Programs:**

- Spinning
- Preschool
- Summer day camp
- Ballroom dance
- Babysitting
- Children's sports
- Adult sports
- Gymnastics

## **Membership Rates**

	Annual	Monthly
Youth	\$150.00	\$12.50
College	\$192.00	\$16.00
Adult (Corporate)	\$359.00	\$29.92
Family (Corporate)	\$491.00	\$40.92
Single Parent Family	\$378.00	\$31.50
Senior Adult	\$312.00	\$26.00
Senior Couple	\$408.00	\$34.00
Locker	\$48.00	\$4.00

We build strong kids, strong families, and strong communities.

**Mission Statement:** To enhance the lives of people in our community, without discrimination, through quality programs designed to promote and support self-esteem, Christian values, and soundness of spirit, mind, and body.

# For More Information, Contact

Fort Madison Family YMCA 220 26th Street Fort Madison, IA 52627 319-372-2403

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